



Tiverton Senior Center
207 Canonicus Street
Tiverton, RI 02878
Telephone 401-625-6790 Fax 401-625-6793

August 2023



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 CHAIR YOGA w/Shirley 11:00 Mah Jongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID	2 9:00 Functional Fitness w/Deb 12:30 Cribbage 12:30-3 LIVE MUSIC!	3 9:00 Balance Class with Jess 1:00 BINGO! 1:00 Knitting for Charity	4 8:45 ZUMBA 10:00 Functional Fitness w/Deb 11:00 Mah Jongg
7 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30 PITCH 1-2 Learn UKULELE w/Otis 2:30 Care Giver Support Group	8 9:00 CHAIR YOGA w/Shirley 11:00 Mah Jongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID	9 9:00 Functional Fitness w/Deb 12:30 Cribbage 12:30-3 LIVE MUSIC!	10 9:00 Balance Class with Jess 1:00 BINGO! 1:00 Knitting for Charity	11 8:45 ZUMBA 10:00 Functional Fitness w/Deb 11:00 Mah Jongg 1-3 SPIRITUAL MEDIUM TIFFANY RICE-\$25
14 CENTER CLOSED in Remembrance of VICTORY DAY	15 9:00 CHAIR YOGA w/Shirley 10:15 BOOK CLUB: 11:00 Mah Jongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID	16 9:00 Functional Fitness w/Deb 10:00 Computer Tutorial 12:30 Cribbage 12:30-3 LIVE MUSIC!	17 9:00 Balance Class with Jess 10:00-11:30 Nurse Terri Gomes Blood Pressure Screenings 11:30 BIRTHDAY LUNCH 1:00 BINGO! 1:00 Knitting for Charity	18 8:45 ZUMBA 10:00 Functional Fitness w/Deb 11:00 Mah Jongg AARP Safe Driving Class NOON to 4 p.m. \$20-\$25 Sign up in Office
21 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30 PITCH 1-2 Learn UKULELE w/Otis 2:30 Care Giver Support Group	22 9:00 CHAIR YOGA w/Shirley 11:00 Mah Jongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID	23 9:00 Functional Fitness w/Deb 12:30 Cribbage 12:30-3 LIVE MUSIC!	24 9:00 Balance Class with Jess 10:00 CENTER MEETING 1:00 BINGO! 1:00 Knitting for Charity	25 8:45 ZUMBA w/Jess 10:00 Functional Fitness w/Deb 11:00 Mah Jongg 1:00 Painting with Kristen
28 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30 PITCH 1-3 KARAOKE	29 9:00 CHAIR YOGA w/Shirley 11:00 Mah Jongg 1:00 DRUMS ALIVE!	30 9:00 Functional Fitness w/Deb 12:30 Cribbage 12:30-3 LIVE MUSIC!	31 9:00 Balance Class with Jess 1:00 BINGO! 1:00 Knitting for Charity	PLAN AHEAD: Next CRAFT SALE is: Saturday, September 9th 9 a.m. - 2 p.m.

